THOSE AWFUL **CRAMPS**

Suggestions that may save Much Suffering



would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, tinued until one day I read about Lydis E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never

troubled with cramps and feel like a I cannot praise Pinkham's Vegetable Compound too highly and I am recommend-ing it to my friends who suffer as I did." - Mrs. George R. Naylor, Box 72,

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn. Mass. Only women ual. open and read such letters.

The Same Trespass.

with prosecution.

Returning, however, through the prised to meet the Irishman in an and the manual of arms, is at the rate

"What' Trespassing again?" "No. no," answered Pat, "it's still the same trespass. Fair play, sorr!"

Now Is the Time to Get Rid of These Ugly Spots. as this is sold under guarantee of back if it falls to remove freekles -

A Sporting Event.

ecent sports meeting in a counan old countryman picked up based program of events and was state it earnestly when a swell ap-

old chap, what's the next the program?" Old Man (looking up from his card) -A daller race, sir. Are you going to

Fulton Was a Great Man.

of Robert Fulton. In connection with it they, of course, brought in the topic of the steamboat, which ande Fulton famous.

What are many of the great uses asked the teacher. I the stambout had not been inventshe histed.

answered little Johnny, who and leve called on," well, um-m-a, Coalight not have discovered speak, in marching cadence.

Smart Man.

After the supper party the host landed round a box of cigars with an Epansive smile of the help-yourselfand-don't-mind-me variety.

"Lovely cigars, ye know!" ke de-"They were a present from my

ery man present swore that smoking ly and precisely than a boat to its would expand his heart to colossal pro- rudder, or an automobile to its wheel. portions, or else that he had sworn off the weed for the duration, says Lonion Idens.

When they had all gone the host exracted a card from under the first ver of cigars: "From Uncle James." "That little speech saved me that "x," he mused. "Jolly smart wheeze!"

Speaking without thinking is shootwith the eyes shut

The Danger Zone for Many Is Coffee Drinking

Some people find it wise to quit coffee when their nerves begin to "act up."

The easy way nowadays is to switch to

Instant Postum

Nothing in pleasure is missed by the change, and greater comfort follows as the nerves rebuild.

Postum is economical to both health and purse.

"There's a Reason"

SELF HELPS for the NEW SOLDIER

By a United States Army Officer

(Copyright, 1917, by the Wheeler Syndicate, Inc.) HOW TO START AND STOP.

There is small use in being taught how to march if the soldier does not know how to start. Knowing how to start is not only important-it is fundamental. The whole unity and smoothness of a group movement depends upon whether it has had a precise beginning. Otherwise, it is ragged. Otherwise, it may be completely spoiled while individuals are bobbing along, trying to pick up the stride. Otherwise, also, fond mothers (as in the ancient story which has been handed down, perhaps, from the Macedonian Phalanx) may exclaim, "Look -look-everybody's out of step with Johnnie!"

Knowing how to stop-to halt-is fully as important, if a movement is to have a trim and military finish. In some respects, it is even more so, since a loose, slack movement with a snappy conclusion may leave a better impression than a well-conducted effort which slumps down at the end and expires. Just as all individual movements must be exact in order to form the essential habit of military precision, so all group movements must depend upon the degree of exactness in the individ-

Whether a movement, well started, may be carried to a successful and precise termination rests upon cadence. A farmer, going over his land, The extent to which the new soldier aught an Irishman with his dog tres- may be assimilated into a military unit cassing in a field, and threatened him is governed by the measure in which he is able to fit his steps and movesame field an hour later he was sur- for marching at quick time, parades other part of it, and exclaimed an- of 120 steps-or beats-a minute. Learn then to perform all movements not otherwise specified at the rate of two counts a second. After this, the new soldier will find that he can be shifted from one unit to another with-

Marches start from the position of attention. At the command "forward," the weight of the body is shifted to the There's no larger the slightest need of eling ashamed of your freckles as the right leg, but the left knee must be kept straight, and there must be no largesteed to remove these homely spots. right leg, but the left knee must be ready for instant response to the secwisible evidence of the transfer. "Forward" is a preparatory command, and its difference from "march," the command to the set of the foot-always the left foot-is moved smartly forward for the regulation step of 30 inches. The sole remains near the ground and it is planted nervous shiftings of the hands and without a shock. There is no such feet. contortion as the goose step in the United States army.

> The command "company (squad) halt" is given as either foot strikes strikes the ground when the command | "more energetic"-"firm in tone and marching. The left foot will then be execution must sound like a pistol shot

This completes the halt. To "mark time," the feet are raised | soldier. alternately, and in cadence, about two inches from the floor and replaced in elapse between the preparatory com-What though might not have happened | former is given as the right foot strikes the ground, so that the soldier starts off again with the left foot. "Mark time" is a command that holds a marching soldier in his tracks, so to

WHY SOLDIERS MUST BE FLEX- HALT!" IBLE IN MOVEMENT.

Any body of troops must be flexible in movement, since it may be neces- ratory command and a command of exsary at any instant to change its purpose or direction. While such a body, lared, offering the box to the first without well-defined rules, would be most cumbersome and unwieldy-if not impossible-to handle, it must, in Gently, but none the less firmly, ev- fact, respond to commands more quick-A column of troops must not only learn to turn at an exact right angle, but, with equal celerity, it must be able to shift its movement in any specified direction, even to the exact re-

verse, without losing as much as a By the commands, "column right" or "left," "right (left) turn," "by the right (left) flank," "right (left) oblique," "incline to the right (left), writing, by telephone, telegraph, or by and "to the rear." a unit may at once | flag signals. be able to switch direction toward

any desired objective. When a company is in column of squads, that is, four men abreast, co change direction the command "column right (left) march" is given, and at the word "march," the head of the column turns sharply, at a right angle in the specified direction. This is done on what is called a moving pivot, which will later be explained in the school of the squad. "Right (left) turn" is executed when a company is in line, that is, fifty-six men abreast, and the line also turns on a moving pivot to right or left, as the case may "Right turn" is executed by a squad as well as a company.

cured, as with all movements, at the him to earth eventually in the club, given as the right foot strikes the his fifteenth cocktail. ground. The soldier promptly turns to the right on the balls of both feet didn't think I'd find you back at the and immediately steps off in that di- game."

rection with the left foot. that is, he steps off in a direction 45 film!"-Manchester Guardian.

degrees to the right or left of his original front. While he preserves this position, he keeps his shoulders to the guide (the man on the right front of the line or column), and also he so regulates his steps that the rank remains parallel to its original front.

"Incline to the right (left)" is not a rigid movement, but the execution of the command is left to the discretion of the company guide. It is usually given to avoid an obstacle which pro-

trudes into the line of march. "To the rear MARCH" completely reverses the direction of a column without bringing it to a pause or a - halt. At the command, "march," which is given as the right foot strikes the ground, the soldier advances and plants the left foot; then he turns to the right about on the balls of both feet and immediately steps off with the left foot.

These are the basic commands of a soldier's flexibility of movement, and the recruit who learns to execute them in unison with his fellows has taken a decided step on the road that leads to the accomplished soldier.

COMMANDS AND HOW AND WHY GIVEN.

The execution of a command depends a great deal upon the way in which it is given. While it is true that green soldiers may not be able to execute in a clean-cut way a command which has been properly given, even veteran troops will become slipshod if a command is mumbled or drawled in a spiritless fashion by their commander. This would be the fault of the officer, for the work of a soldier is a credit to, or reflection upon, the ability of his officer. Nevertheless, if a soldier will not apply his intelligence and responsiveness to the words he hears -in short, if he goes to sleep on his | two-cent stamp for reply. feet-then the best officer in the world cannot make a real soldier of him.

Every command is divided into two parts, or, into two separate commands. The first is called the preparatory command-the second the command of execution.

The preparatory command is intended to inform the soldier of the movement which is to be executed. It should be given with a rising inflection, for it not only should inform the soldier, but it should bring his faculties to a poise ond half of the command, or the command of execution.

The rising reflection has the effect of balancing the soldier-psychologically-on the edge of the movement. Yet he must not twitch a muscle, on receiving it. The whole movement is damaged if one soldier anticipates the command of execution or even exhibits

The command of execution is given at the precise instant the movement is to commence.

While the tone of the preparatory the ground-which foot is governed command must be "animated," the by the line on which the halt is to be command of execution is required by made. If it is the left foot which the infantry drill regulations to be "halt" is given, the right foot will brief." In other words and in plain. still be planted 30 inches ahead in unmilitary English, the command of raised and placed beside the right and authoritative in the extreme, bringing fistant obedience from the

A short interval should always the same spot. This is continued un- mand and the command of execution. til a further command-either "For- In the drill regulations, the former is ward march," or "halt," is given. The printed in black italics and the latter in black capitals.

A command is given as follows: "FORWARD . . MARCH!" "ABOUT

FACE!" "COLUMN RIGHT MARCH!" "LEFT OBLIQUE . MARCH!" "RIGHT SHOULDER . "Company (squad) .

When, as is the case in a few instances, the command is a single word, it is divided by syllables into a prepa-Thus, "attention" is pronounced:

"Aten . . . TION!" Commands, signals or orders are the three classes of directions given to troops-many commands being by agnals. These signals may be conceyed either by a whistle, the bug's prescribed motions of the commaning officer's arms, or by flags. An order is employed only when the commands preacribed do not sufficiently indicate the will of the compander. In other words, commands are of a limited and more or less rigid nature, while special instructions to one or more men constitute an order. This may be communicates either by word of mouth, in

Not Satisfied. The lady had heard a stranger in a railway carriage say that if any man could see himself intoxicated he would never be intoxicated again, and, having a husband addicted to alcoholism. and also plenty of money, she thought of experimenting. The kinematograph operator whom she engaged was not kept waiting long for an opportunity of filming the errant husband, and in the presence of relations the subject was privileged to behold himself on the screen. He was very quiet throughout, and gravely left the room, which the others thought a good sign. Finding he had also left the house, his

"Look here," said the brother, "I appearance of the exterior.

"Didn't you?" innocently asked the In the "right (left) oblique" each subject. "Well, the fact of the matman performs half of "by the flank"- ter is, I'm not satisfied with that

Camphor Groves May Appear. Camphor groves may some day be country.-Youth's Companion. as familiar to us as peach orchards and orange groves. Agents of the department of agriculture have found that when planted in hedges 15 feet George, dear, can't you arrange to acapart camphor trees will yield each company me to church tonight? year about eight tons of trimmings to the acre, from which about two Rounder to accompany him to a sacred hundred pounds of gum camphor can concert tonight. be distilled. At present prices that Mrs. Hilo-Oh, very well. I'll go means a profit of about \$160 an acre. there with you.

led only to the southern half of the

Ladies Barred.

Mrs. Hilo (Sunday afternoon)-Hilo-Awful sorry, but I promised

The camphor trees are hardier than | Hilo-But, my dear, I-er believe no many of our fruit trees, but are suit- ladies are admitted

Topics of Interest on Home and Farm Building

William A. Radford tells the man who builds a medium priced home or farm building how to get the most in material value, convenience and architectural good looks for his money, in his articles which appear in the Northwestern weekly. He gives the latest ideas in construction and enables you to build without the expense of consulting

Good-Looking Premises Increase Value of Property by Big Percentage.

ATTRACTIVE PLAN GIVEN HERE

Plenty of Lawn Space-Pergola Can Be Made to Serve as Roofed Porch.

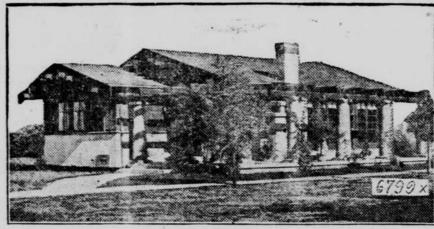
Mr. William A. Radford will answer paper. On account of his wide experience as Editor, Author and Manufacturer, he avenue, Chicago, Ill., and only enclose

By WILLIAM A. RADFORD

himself. An element which tempers beauty in architecture is serviceability. This element is largely responsible for the difference in opinions between people as to what is really beautiful and what is not. This practical element is also the influence which places beauty in architecture on a different basis from beauty in music or painting.

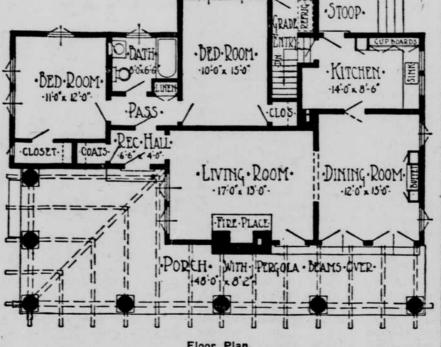
There may be beauty in a simple little house just as thoroughly as there is beauty in a mansion. The smallest of houses in the two-story type are usually beautiful in their simplicity. Some of the largest houses are beautiful in their dignity. The bungalow type of house may be beautiful because of its simplicity or because of its clever ornamentation, and it is, This Artistic Bungalow Should Have therefore, in somewhat of a distinctive class in regard to this quality.

The lawn surrounding a house is, of course, a strong factor in building up the appearance of the picture. Unfortunately, this factor cannot have the questions and give advice FREE OF cost on all subjects pertaining to the many cases because of the limitations subject of building, for the readers of this of a thickly settled community. There are locations where land values are not is, without doubt, the highest authority excessive, and in such places the lawn on all these subjects, Address all inquiries is a most effective means of emphato William A. Radford, No. 1827 Prairie sizing the beauty of a well-designed house. Here, again, the bungalow type of construction has a distinctive place, since by suitably altering its archi-Every person who builds a house tectural treatment a harmonious effect which is to be used as his home finds may be produced where the lawn is himself confronted with the problem almost anything from simply a grass



of deciding how much he can afford to plant to an elaborate garden in which spend for the beautification of the trees, shrubs, flowers and grass all premises. Of course, everyone wants have a place. a beautiful home. Those who have The illustrations will serve to sugstudied art, and especially architectur- gest a moderate artistic treatment of al art, insist upon the embodiment of a the bungalow idea where there is sufdefinite artistic scheme, agreeable with ficient lawn space to form an effective their particular conception of the beau- background for the novel building. tiful, in the house design and lay- This bungalow could hardly be beautiout of the premises. Such a person is ful if built on a small lot, closely usually able to convey to the architect | flanked with buildings and erected too the ideas which will enable him to near the highway or street. Given the shape the images in his mind so that proper setting, it is decidedly beautiful they will conform with these definite in its outline, color scheme and genideas of the home builder. The archi- eral appearance. tect then acts in the capacity of an The building carries a low gable roof adviser, suggesting details which seem, with rafter and purlin decorations. in his judgment, to add to the effect The sides of the house are made of tiveness of the scheme, while at the stucco up to the bottoms of the winsame time he analyses each idea with dows, from which point the remainder the object of determining just how it of the surface is finished with stained may be adopted in the structural sense. shingles. The most attractive fea-The average man must trust very ture of the exterior is the large perlargely in the architect's judgment. gola porch. There is a novel, artistic This does not mean that he has no and decorative value possessed by a conception of architectural beauty, but pergola, properly designed and placed rather that he has not spent enough and tastily arranged with flowers an time in the study of this subject so vines. For this reason the pergola that the is able definitely to transfer around the front of this home creates this conception into words. The archi- the idea of warmth, comfort and cozitect may determine the principal fea- ness which is one of the characteristures which are desired by reference tics of the properly designed bungato a number of photographs of houses low. Some people find objection to the of many different types, out of which pergola because it loses its servicethe prospective home builder may se- ability in rainy weather. There is no

lect houses which have the features reason why the pergola cannot be built in which he is interested well worked to overcome this objection. Panels of out. The study of floor plans is usual- wire glass may be fitted above and ly based upon established ideas of the between the pergola beams in such a



desire than they have of the desired

The value of beauty in the home is room by French doors. These doors evidenced in many ways. Funda- have the effect of brightening the mentally, it affects the sale value of rooms into which they lead, both bethe property, and money spent in the cause of their artistic design and large beautification of the premises, within glazed area. Casement windows are certain limits, is, therefore, a good in- also generously used in all parts of the vestment. Beauty affects the atmos- house but the kitchen. phere of the home, making it especial- The main entrance is into a receply wholesome as the surroundings of tion hall. A small closet is conventhe growing children whose early im- iently placed in this hall. Along the

not be proud of is hardly the kind of ing between them. The bedrooms, with home for the average man. Beauty in architecture is probably trance stoop, grade door and stairs as widely defined as beauty in music occupy the rear portion of the house. or in painting. It can be defined only The bedroom arrangement is very conin the broadest terms, allowing each venient, and the kitchen has been de-Individual to add the personal elements signed to reduce the labor of housewhich will complete the meaning for keeping to a minimum.

Floor Plan.

home builder more than the external manner that the pergola roof will be "Isy the right (left) flank" is exe- brother set out to find him, running appearance of the house is. Home just as effective as any porch roof in builders, as a rule, have a better idea sheltering the porch from rain, yet the command "march." This command is busy-as an attendant stated-with of the room arrangement which they appearance is not noticeably changed.

The pergola porch is connected to both the living room and the dining

pressions are so important in the de- front of the house the living room and elopment of their dispositions and dining room form a pleasant combinahabits. A home which the owner canbath between, kitchen and rear en-

obliged to go to a new place in old

Choosing His Words.

Wifie-"Why are you speaking so sharply?" Hubby-"Because I want to get a word in edgeways."

In the Discard.

"You see a lot of mandolins and guitars in the pawnshop window." "I s'pose it's different in Europe. They say over there the pawnshop winlows are full of old scepters."

A woman's idea of misery is being If you won't save money for your boss whenever you can, you won't save much for yourself at any time.

Irrelevant Similarity.

"Gooper is a writer who is well posted on 'street' corners."

"I threw up a good position to please that girl."

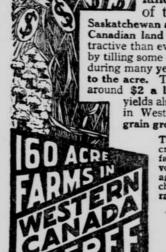
"Did she appreciate the sacrifice?" "No, she didn't; she threw me down."

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per cent., or more than one-third, before they are five, and one-half before they are fifteen!

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Between twenty-five and thirty years ago I commenced selling Dr. Kilmer's Swamp-Root and during all that time I have never heard a single complaint from my customers; they are more inclined to praise it; and judging from their favor-able remarks and the repeated sales I enjoy I am confident that Swamp-Root is a valuable medicine for the troubles for which it is intended.

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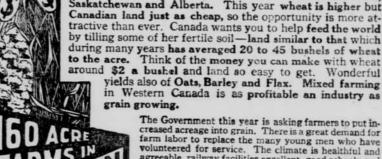
"That's nothing; so are mail boxes."

Ups and Downs.

NFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent, or nearly one-quarter, die before they reach one year; thirty-seven

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